

Dear Traveler,

Gary and Pathway To Happiness LLC. is pleased that you are joining us for the upcoming Journey. To help ensure your experience is as physically comfortable and spiritually rewarding as possible please read the following information.

### **The What to Pack List**

Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

#### **Mandatory items**

- Passport
- Money for food and personal items and expenses. Meals and drinking water is covered in the cost so this amount would be minimal with the exception of shopping you plan on doing.
- Water bottle suitable for daily use. Use purified water only and brush your teeth with it. Bottled Water is available at the villa.
- Sturdy, well broken in walking shoes. Some days we may walk a couple miles. Tennis shoes or Hiking sandals work fine. Avoid flip flops. Hiking boots are not necessary.
- Enough of your medication for the entire trip in your carry-on bag in case your luggage gets lost
- Your prescription glasses if you wear them.

#### **Recommended items**

- Hat or visor. The elevation is over 7000ft and the sun strong even though temperatures are in the 70's.
- Sun block
- Comfortable non-binding clothing in layers for warm days and cool nights. We often leave for the grounds early in the morning when it is cool and are out until the afternoon when it is warm.

Also suggested: Bring your sense of humor. The more we laugh at ourselves, the lighter our steps get. The intent is to enjoy our life more so we might as well begin practicing today.